

## VARIOUS STRESS RELATED BREATHING PROBLEMS AND SOLUTIONS

May 7, 2012

By Abhijit Kamat

[www.stressguru.co.in](http://www.stressguru.co.in)

[www.simpl meditation4health.wordpress.com](http://www.simpl meditation4health.wordpress.com)

After its entry into this world, a baby takes in its first breath and then the new life starts. But as that baby keeps growing, it attracts some breath problems (asphyxiating attacks, wheezing, allergic bronchitis, cough to name a few, ( congenital defects are not considered here)). Some of the problems are related to stress and can be handled with stress management techniques.



### Why allergic breath problems:



If you are regularly suffering from wheezing or allergic bronchitis you may know the first half answer. How & when it triggers? It may be a result of an unfavorable or irritating or allergic something and that triggers the attack. It may be happening without notice.

What is that something? And why that bothers you, that is what you need to find out. ( remember conscience and detachment?) At present, you and your mind are not at the same plane, may be far away or not aligned in one direction.

Cheiro , the famous palmist noted the difference in the nails of the people who have weak lungs from those who do not. Traditionally women have weak lungs and more breathing problems so their nails are narrow as compared to that of men. Needless to say that men having breathing problems or weak lungs also have narrow nails. When the capacity of lungs improve, nails get widened.

### How stress affects normal breathing ?

Old fear. Not trusting the process of life, getting stuck in the child hood and many more.

Past emotions linked with some incidences, trigger some physiological changes that lead to asphyxiating attacks. With the help of medicines the response of the attack can be lowered (preventive and curative measures), but the root cause remains un attended.

### Use of stress management techniques YMEI (Yoga, meditation and emotional intelligence)

- Yoga Asnas and breathing exercises help in developing lung's capacity.
- Meditation helps in calming mind and maintaining relaxation at trying or unfavorable situations.
- The whole treatment can be shortened with the help of YMEI (Emotional Intelligence along with meditation and yoga).

**SCOPE and Recommendations for the treatment:** This method is good for chronic rheumatoid psychosomatic breath problems when...

- Standard medicines (allopathic, homoeopathic etc.) have failed to find the root cause & heal the problem.
- The recurrence of the breathing problems is related to day to day stressful situations. So unless the chronic (hidden in subconscious mind is removed, the medicines shall offer a temporary relaxation).
- One should follow the medicine prescribed by doctors until the root cause is identified.
- On grown up kids, men and women who are willing to change their current life style.

**Limitation of this treatment:**

- Not always fit for kids and infants when thought process is still flexible and immaturity prevails.
- Identification of root cause of the health problem in the patients mind dependent on how he is ready and able to relax from stress.
- One has to bring in complete change in lifestyle from the current one to holistic one, people have resistance to change their addicted lifestyles.
- Patience is a must.

Articles on similar topics pl. refer to blog [www.simplemeditation4health.wordpress.com](http://www.simplemeditation4health.wordpress.com)

</ul>

<div><a href="http://www.w3counter.com"></a></div>

<div></div>

<div></div>